

## Summer is Here!

June 20th is the first day of summer so bring on the heat! As we welcome in a new season, we want to remind you that your wellness is still a priority. Sun-soaked days and extended weekends accompanied by warmer temperatures offer more opportunities to kick back, relax and enjoy the great outdoors, But summer also ushers in some health risks. For example, extreme heat can be dangerous for everyone, but it may be especially dangerous for people with chronic medical conditions. Extreme heat sends an average of 65,000 Americans to emergency rooms annually, according to the Centers for Disease Control and Prevention (CDC). In addition, venturing out too long without sunscreen could also increase your risk for skin cancer, the most common cancer in the United States.

With more beach and pool days, swimming safety is also important. According to the CDC, drowning is the leading cause of unintentional injury death among children ages 1 to 4. However, there are some things we can do to have a fun, safe and healthy summer in 2021:

- Wear skin protection against UV rays, bugs and insects
- Eat fresh fruits & vegetables
- Remain active
- Practice water safety at home, especially with young children
- Keep hydrated by drinking plenty of water

We can also take advantage of summer vacations to enjoy leisure activities that can reduce stress and boost our mental health. Explore the chart below for more ideas! The good news is we can maintain these healthy summer habits all year long.

## 6 Tips for a Healthy Summer



### 1. Quit Smoking

You can quit today! Call 1-800-QUIT-NOW for free support.



### 2. Eat a Healthy Diet

Delicious fruits and veggies make any summer meal healthier.



### 3. Get Active!

Get at least 150 minutes of aerobic physical activity every week.



### 4. Keep Cool in Extreme Heat

Be safe when temperatures rise: Stay cool, stay hydrated, and stay informed.



### 5. Wear Sunscreen & Insect Repellent

Use sunscreen with at least SPF 15, and use insect repellent to prevent bug bites. Apply sunscreen first.



### 6. Rethink your Drink!

Substitute water for sugary or alcoholic drinks to reduce calories and stay safe.

HHS.gov



## DID YOU KNOW?

Sickle Cell Disease can be tracked back to 1 person living in West Africa 7,300 years ago!

- Learn more on page 4



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# CATARACT



## Get the Facts

**Leading cause of blindness** in middle and low-income countries



**Account for 33%** of all visual impairment cases

**Over 25 million Americans** have cataracts



**Over 95% of cataracts** surgeries are successful

Source: <https://www.lasereyesurgeryhub.co.uk/cataract-statistics/>

**A new prescription for eyeglasses or contact lenses can help you see better with cataracts early on. However, surgery is the only way to get rid of a cataract. You can also make small changes to manage your cataracts like using brighter lights at home or work.**

## TREATMENT

## SO WHAT ARE CATARACTS?

A cataract is a clouding of the normally clear lens of your eye. Age-related and other medical conditions cause tissues within the lens to break down and clump together, clouding small areas within the lens. For people who have cataracts, it can be a bit like looking through a frosty or fogged-up window. Cataracts generally develop in both eyes, but the cataract in one eye may be more advanced than the other.

**Aging is the most common risk factor for cataracts.** This is due to normal eye changes that happen starting around age 40. Other risk factors include: Diabetes, excessive exposure to sunlight, smoking, drinking excessive amounts of alcohol, obesity, high blood pressure and previous eye injury or inflammation.

## SYMPTOMS

- Having blurry vision
- Seeing double (when you see two images instead of one)
- Being extra sensitive to light
- Having trouble seeing well at night, or needing more light when you read
- Seeing bright colors as faded or yellow instead

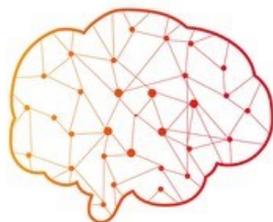
If you notice any of these cataract symptoms, notify your ophthalmologist.

## PREVENTION

1. Have regular eye examinations to help detect cataracts at their earliest stages
2. Quit smoking
3. Manage chronic health problems like diabetes
4. Choose a healthy diet that includes plenty of fruits and vegetables
5. Wear sunglasses when outdoors
6. Reduce alcohol use

Source: American Academy of Ophthalmology , Mayo Clinic





NATIONAL  
**MIGRAINE  
& HEADACHE**  
AWARENESS  
**MONTH**  
JUNE

Migraines and headaches are invisible conditions that can affect anyone without others ever knowing there's a problem.

The World Health Organization says that 1 in 7 adults worldwide suffers from migraines. When migraine sufferers experience symptoms, they're often severe and cause people to miss work. Some may even find it difficult to get out of bed. Whether you're working from home or on site, a headache or migraine can damper your day. But there are some actions you can take to fight back:

- \* **Dim triggers** like using an anti-glare computer screen protector or dimming the lights.
- \* **Try temperature therapy** by applying cold compresses to your head or neck.
- \* **Drink more water.** Dehydration is a common migraine trigger.
- \* **Establish a regular sleep schedule.**
- \* **Manage stress, try mindful breathing exercises.**

Speak to your healthcare provider about managing your migraines and headaches.

Source: World Health Organization, Mayo Clinic

## DO I HAVE A HEADACHE or a MIGRAINE?

### HEADACHE

#### PAIN

- Mild, dull pressure
- Often not localized
- Distracting

#### DURATION

- Typically of short duration
- Nonrecurring unless illness is present

#### SYMPTOMS

- Not many other symptoms besides pain
- Doesn't affect vision

#### TREATMENT

- Can be relieved with pain medication

### MIGRAINE

#### PAIN

- Intense throbbing or pulsating
- On one or both sides of the head
- Debilitating

#### DURATION

- Can last for 72 hours or more
- Recurrent, lifelong

#### SYMPTOMS

- Light sensitivity, nausea, vomiting, dizziness
- Affects vision

#### TREATMENT

- No relief from painkillers



## FAST FACTS ABOUT MIGRAINE

- 1  Migraines are more common in women because of hormonal influences
- 2  In children, the attacks are shorter & abdominal symptoms are more prominent
- 3  Migraines can be reduced by lifestyle changes and certain medication

Source: World Health Organization

## COMMON MIGRAINE TRIGGERS

Triggers are conditions that can 'bring on' a migraine.

**Physical or emotional stress:** heat or cold, anger or worry

**Foods:** chocolate, wine, dairy products, certain fruits

**Sensory stimuli:** loud noise, bright or flashing lights, strong smells

**Try Me!**

### GINGER TEA FOR HEADACHE

Make a tea by pouring 3 cups water over 2 tablespoons freshly grated ginger. Let steep 4 to 5 minutes, then strain through a small sieve into a teacup. Sip the tea for headache relief.



THEINDIANSPOT.COM

**Did you know? Sickle-cell anemia** is particularly common among people whose ancestors come from sub-Saharan Africa, India, Saudi Arabia and Mediterranean countries. In 2018, researchers at the Center for Research on Genomics and Global Health analyzed the genomes of nearly 3,000 people, about 5% of which suffered from Sickle Cell Disease. **They traced a mutation back for 7,300 years, and found it started with just one child!**

Once upon a time in what is now the Sahara desert, a child was born with heightened immunity to malaria. With a better chance against an illness that was a major killer, this child with the genetic mutation lived and had children, and those children spread out. Bolstered with extra defenses against malaria and with longer lifespans, their descendants around the world still have those extra defenses today, 250 generations later.

However, if both your parents have that gene mutation, you can end up with what is called Sickle Cell Disease (SCD). People who inherit one sickle cell gene and one normal gene have sickle cell trait. Those with the trait usually do not have any of the symptoms of the disease, but they can pass the trait on to their children. Sickle cell disease by definition is a group of inherited red blood cell disorders that occurs when a child receives two sickle cell genes—one from each parent.

A normal human red blood cell is small, round, and biconcave. This shape allows the cells to easily flow through narrow blood vessels. In SCD, the red blood cells look like a C-shaped farm tool called a “sickle.” The cells become hard and sticky which causes them to stick together, blocking blood flow and oxygen from reaching all parts of the body. This in turn brings on severe pain, anemia, infections and other complications to its patients. Symptoms and complications of SCD are different for each person and can range from mild to severe.

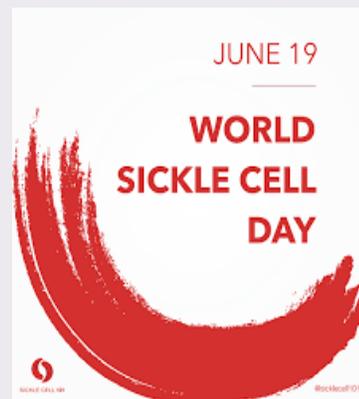
**But pain is the most common complication of SCD, and #1 reason that people with SCD go to the emergency room or hospital.**

According to the Sickle Cell Disease Coalition, SCD affects approximately 100,000 Americans and occurs in about 1 out of every 365 Black or African-American births. The disease is diagnosed with a simple blood test. It most often is found at birth during routine newborn screening tests at the hospital. **Despite its many health complications, a person with SCD can live a long and high quality life.** People with SCD can lower their chances of difficulties from the disease and enjoy many normal activities by:

1. Getting regular checkups with their doctor.
2. Following treatments prescribed by their doctor, such as taking medication called hydroxyurea.
3. Preventing infections by taking simple steps including washing their hands.
4. Practicing healthy habits like drinking 8 to 10 glasses of water per day and eating healthy food.

A bone marrow transplant, which involves collecting healthy cells from a donor’s bone marrow and transferring them into a patient, can cure SCD. A bone marrow transplant expert can advise patients about whether or not it is a good choice for them. This World Sickle Cell Day, we are encouraging you to **#KnowYourStatus. Ask your physician, local health-clinic, or community based sickle cell disease organization for sickle cell disease and/or sickle cell trait testing locations near you!**

Source: BBC News, Centers for Disease Control & Prevention, Sickle Cell Disease Coalition



## Did you know?

Sickle cell disease is manageable and treatable, and those with SCD can live a long and healthy life.



# National Cancer Survivors Day:



DOH - Broward County

*National Cancer Survivors Day is a celebration held on June 6 for those who have survived, as an inspiration for those recently diagnosed, and a gathering of support for loved ones. At DOH-Broward, we have many survivors among us with unique stories of trials and triumphs. Two were gracious enough to share their story with us. May their experiences encourage those affected by cancer that life after a cancer diagnosis can be a reality.*



*“Life can be full of surprises. But when those surprises come, take them day by day.”*

**Dora Peterson** 11 year Survivor

**Meet Dora Peterson.** Dora is originally from Peru, a beautiful country in South America. She currently works as Purchasing Agent in the Purchasing Department and has been part of the DOH-Broward family for 17 years. In her free time, she enjoys cooking, decorating and talking walks on the beach in the late afternoons.

In May 2010, Dora was diagnosed with Stage I Breast Cancer, following her annual mammogram. Like so many survivors, her diagnosis came as a complete surprise. She had no family history of cancer, lived a healthy lifestyle and experienced no symptoms. This type of cancer, Lobular Carcinoma is associated with the use of hormones she was prescribed and was taking for a few years.

Her diagnosis also came at time when she was grieving the loss of her beloved husband. Her husband, Timothy Peterson, died of pancreatic cancer just three months before her diagnosis. For a while, her immense grief took precedence over the cancer diagnosis and since most of her family lives in Peru, their support couldn't be felt.

However, she found the strength to fight for her life. “My faith in God helped pull me through,” says Dora. She was fortunate enough that her breast cancer was found at its early stages. Her treatment plan included surgery to remove the cancerous mass in her breast, followed by 33 sessions of radiation therapy; treatment that uses beams of intense energy to kill cancer cells.

Dora attributes her survivorship not only to her faith, but also to the support and love she received from friends and coworkers.

She says, “my coworkers and friends visited me after my surgery, showered me with love, and would check up on me after my treatments”. Her supervisors were flexible with her treatment schedule, allowing her to leave early during those two months of radiation therapy.

Dora has now been a cancer survivor for more than 11 years. She now meets with her oncologist annually and takes a preventative medication. One thing that she has learned since her diagnosis is that “Life can be full of surprises. But when those surprises come, take them day by day.” She also shares that she doesn't believe in setbacks; “everything serves a purpose”. Dora, we celebrate you!

*Take my advice....*

#### To survivors:

Take care of your body, exercise and eat healthy. You are strong. Find a supportive community.

#### To loved ones:

Be as supportive as you can be. Practice being a good listener.

#### To my community:

Prioritize living a healthy lifestyles. Do not skip your cancer screenings like mammograms. Early detection is always best!

# National Cancer Survivors Day:



DOH - Broward County



*“I’ve learned that good can come out of bad situations. So, if something in your life is not good now, it could be good later.”*

**“Beto”** 3 year Survivor

When we think of a cancer survivor, we often think of someone in remission or one that’s deemed “cancer-free” after treatment. But cancer survivorship starts at diagnosis. It includes those living with, through and beyond cancer.

**Meet Beto.** Well, “Beto” is not his real name. Our interviewee wanted to share his story but remain anonymous as he goes through treatment. Beto works in the Facilities Services department and has been at DOH-Broward for more than 11 years. Two of his specialties are cooking an exceptional meat pie and some mouth-watering pizzas.

In May 2018, Beto was diagnosed with Advanced Bladder Cancer. Whenever he is asked to share his story, his first response is always, “The universe is fantastic.” His story to getting diagnosed was one that happens just by happenstance. A stroke of luck if we can call it that.

Beto typically eats his food on a wooden serving board. He made it a habit to subsequently disinfect the board by soaking it in a bleach and water solution once a week. One fateful night, he forgot to rinse out the board completely before using it to eat his pizza. By the time he took notice, he had already ingested some of the bleach solution along with his meal. “I was so shocked but convinced myself that it probably wasn’t that bad,” says Beto. However, he noticed that his urine was getting progressively darker every day. By the end of the week, he was urinating blood. “That Sunday I got scared so I call my Supervisor at the time to let them know of my odd health situation and the next day, I visited my doctor,” says Beto. The doctors ran a battery of tests. One of which was a CAT SCAN which revealed a cancerous tumor in his bladder, the size of a big marble. He went to his doctor thinking he was suffering from Clorox poisoning that could have produced a urinary infection but left with a cancer diagnosis. However, it was that same random accidental Clorox ingestion that helped reveal his cancer before it metastasized or spread to other parts of his body.

Beto says, “I am very a pragmatic person”. He looked at his new diagnosis like this: “My car was running okay, but now it’s broken.” And what does one do with a broken car? Bring it to a mechanic for fixing. In June 2018, he underwent his first surgery followed by another that same year in October. His five-year treatment plan includes chemotherapy and ongoing check-ups with the doctor. His cancer is aggressive and tends to reappear but so far, no more tumors have been found since his last surgery.

Beto currently has periodically scheduled biopsies and chemotherapy treatments twice every six months. The side effects of chemotherapy are difficult to deal with. During the first 72 hours after his chemo session, there is a lot of physical pain. To combat this, he drinks a lot of fluids, rests and listens to his favorite music to help alleviate pain. He usually schedules his treatments at the end of the week to keep working. “I keep going because I trust that my medical team is taking care of me.”

When asked how he deals with cancer every day, Beto says, “dealing with a cancer, it’s natural to feel stressed but I also have another point of view. This is what I have, I can fight it or can let it eat me away.” To anyone who hears his story, Beto wants to leave us with this: “I’ve learned that good can come out of bad situations. So, if something in your life is not good now, it could be good later” Beto believes that the Universe always tend to balance itself. One must balance the strong emotions that can overrun the best course of action, set a realistic natural perspective with a defined but flexible approach for everyday life. We are all connected directly or indirectly in the short or long run so what we do affects others also. Beto, we celebrate you!

*Take my advice....*

**To survivors:** I would advice you to avoid self-generated or external emotional stress. Don’t be afraid to be vocal about your needs!

Summer is a key time to consider giving blood because blood banks across the country tend to experience a drastic decline in donations when it gets hot, thanks to vacation schedules and the fact that many blood drives take place at schools that are closed for the summer break. To find a blood drive near you, visit [redcrossblood.org](http://redcrossblood.org) or call 1-800-RED CROSS.

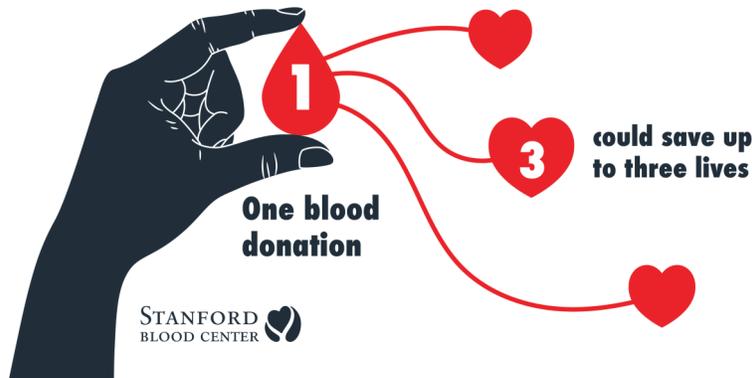
Source: Johnson & Johnson

June 14

## WORLD BLOOD DONOR DAY

- 1 Blood centers often run short of types O and B red blood cells.
- 2 If only one more percent of all Americans would give blood, blood shortages would disappear for the foreseeable future.
- 3 Four easy steps to donate blood: medical history, quick physical, donation and snacks.
- 4 After donating blood, you replace the fluid in hours and the red blood cells within four weeks. It takes eight weeks to restore the iron lost after donating.
- 5 You cannot get AIDS or any other infectious disease by donating blood.
- 6 A newborn baby has about one cup of blood in his body.
- 7 Four million people need blood every year. That's one patient every 12 seconds.
- 8 People are eligible to donate blood every eight weeks.
- 9 Blood donors must be at least 17 years old, in good general health and weigh at least 110 pounds.

### DID YOU KNOW?



Please consult your healthcare provider to determine if your health allows you to safely donate blood.

## World Vitiligo Day

### VITILIGO



### WHAT IS IT?

**Vitiligo** is a long-term problem in which growing patches of skin lose their color. It can affect people of any age, gender, or ethnic group. The hair from the skin may also become white. The discolored areas usually get bigger with time.

### SYMPTOMS

Patchy loss of skin color

Whitening or graying of the hair

Loss of color in the tissues



Normally, the color of hair and skin is determined by melanin. Vitiligo occurs when cells that produce melanin die or stop functioning. This leads to the loss of skin color in patches. According to the Global Vitiligo Foundation, 70 million people across the world have vitiligo. There are no boundaries of race, ethnicity or gender.

**World Vitiligo Day is celebrated worldwide on June 25 every year since 2011.** The day is in recognition of the bullying, social neglect, psychological trauma and disability of millions of people affected by vitiligo.

It's an often misunderstood disease, with many fearing that it may be infectious or contagious. In many cultures, having such a visible disease comes with strong social stigma, including the inability to marry. **However, vitiligo is NOT contagious.** People with vitiligo may be at increased risk of sunburn, eye problems and hearing loss. And although there is no cure, various treatments, including topical creams and light therapy can help some patients. There is also an increased need for better vitiligo research, treatment and support.

Many people who have vitiligo are now changing the narrative by celebrating their natural beauty on social media and magazines. World Vitiligo Day is an opportunity to join them! **Learn more by visiting the [vitigosociety.org](http://vitigosociety.org)**

Source: Global Vitiligo Foundation, Mayo Clinic

VITAMIN THERAPY



PROTECT YOUR SKIN FROM THE SUN AND ARTIFICIAL SOURCES OF UV LIGHT.



DON'T GET A TATTOO.



# NATIONAL MEN'S HEALTH MONTH

## 5 PLAYS FOR MEN to Stay at the Top of Their Game

**#1 We will protect this heart:**  
Heart disease is the No. 1 killer of men. Healthier food choices build a healthier heart – make fruits and vegetables half of your plate.



**#2 Bro, you don't even have to lift:**  
Getting just 30 minutes of exercise each day can help you live longer and healthier.



**#3 Preventive maintenance:**  
Getting regular check-ups can catch small problems before they become big problems.



**#4 Quitting time:**  
Smoking causes cancer, heart disease, stroke, and... a greater risk of erectile dysfunction.



**#5 Hey man, you good?**  
Life can get tough, and thinking things through with a mental health professional can help.



[minorityhealth.hhs.gov](http://minorityhealth.hhs.gov)



U.S. Department of Health and Human Services  
Office of Minority Health

June is Men's Health Month, a national observance used to raise awareness about health care for men and focus on encouraging boys, men and their families to practice and implement healthy living decisions

**Men, your health matters!**

# HEALTHY EATS<sup>9</sup>

## Portuguese Chicken Drumsticks & Salad

Impress your family and friends with these spiced chicken drumsticks served with a fresh tomato and arugula salad.

### Ingredients

- 3/4 cup at-leaf parsley leaves
- 1 long red chilli, finely chopped
- 1 tsp dried oregano
- 2 tsp brown sugar
- 2 garlic cloves, crushed
- 1 1/2 tsp smoked paprika
- 2 tbsp olive oil
- 1/4 cup (60ml) apple cider vinegar
- 8 Chicken Drumsticks
- Olive oil spray
- 4 small red potatoes
- 100g Arugula
- 250g cherry tomatoes, quartered
- 1/2 small red onion, thinly sliced



### Preparation

- Finely chop 2 tablespoons of the parsley and place in a large bowl. Add the chilli, oregano, sugar, garlic, 1 teaspoon of the paprika, 2 teaspoons of the oil and 1 tablespoon of the vinegar. Stir to combine. Use a large sharp knife to cut 3 slits in each chicken drumstick. Add to marinade and toss to coat. Set aside for 15 mins to marinate
- Spray a barbecue grill or chargrill with oil and heat on medium. Cook chicken, turning occasionally, for 10-12 mins or until cooked through.
- Meanwhile, place potatoes on a microwave-safe plate lined with paper towel. Sprinkle with water. Cover with paper towel. Microwave on high for 4-5 mins or until just tender. Thickly slice and place in a bowl with remaining paprika and 2 teaspoons of the remaining oil. Toss to coat. Cook potato with chicken for 2-3 mins each side or until golden.
- Place the arugula, tomato, onion and the remaining parsley, oil and vinegar in a bowl and toss to combine. Season. Add potato and gently toss to combine. Arrange on a serving platter and top with the chicken.

### Nutrition Information

Serving Size: 4

Per Serving: 623 calories; protein 49g; carbohydrates 31g; dietary fiber 9g; sugars 8g; fat 32g; saturated fat 8g; sodium 188mg.

Source: [Taste.com.au](http://Taste.com.au)



SCAN ME

## JUNE

seasonal produce guide

ARUGULA	KALE
BEETS	LEEKs
BLUEBERRIES	NETTLES
CABBAGE	NEW POTATOES
CARROTS	ONIONS
CHERRIES	PEAS AND PEA GREENS
CUCUMBERS	RADISHES
GREEN BEANS	RHUBARB
GREEN GARLIC	STRAWBERRIES
GREEN ONIONS	SPINACH
HERBS	



beat the heat



stay hydrated

Drink plenty of water  
(aim for 6-8 glasses)

[www.livewellcampaign.co.uk/summer](http://www.livewellcampaign.co.uk/summer)



NHS



# ARE YOU PREPARED?

HURRICANE SEASON  
JUNE 1 - NOV 30



## BE STORM READY

MAKE A PLAN & MAKE A KIT



**MAKE A PLAN:** Sit down with your family and decide:

- ① How you will contact each other?
- ② Where will you go for safety?
- ③ What will you do during and after the severe weather has passed?



For a complete list, and more information on how to best be prepared visit:

[fema.gov](http://fema.gov)  
[ready.gov](http://ready.gov)  
[redcross.org](http://redcross.org)

**MAKE A KIT:** Here is a list of the basic supplies you'll need in an emergency

- WATER
- FOOD
- RADIO
- CELLPHONE
- FLASHLIGHT
- FIRST AID KIT
- DOCUMENTS
- MATCHES
- CASH
- WHISTLE



WE POWER LIFE<sup>SM</sup>



What kind of exercise  
do lazy people do?

**Diddly-squats.**

We hope you enjoyed this newsletter!

**Contact Us:**

Cynthia Dawes, MSN, RN	954-847-8014
Nickey Lewin, DHS, MPH	954-847-8020
Roldyne Dolce, MPH, CHES	954-847-8024